## KANSAS CITY, MISSOURI POLICE DEPARTMENT PHYSICAL ABILITIES TEST #11 Complete Final Lap #1 Hurdles (Jump a 1 ft., 2 ft., & 2 1/2 ft. hurdle) Place Doll on Ground #2 Jump Qver #3 Crawl/Jump Over -START/FINISH (4 ft. wall) (3 laps) Entrance to **Hurdle Obstacles** #8 Push Ups (Chest on the ground palms up 3 times) #9 Body Drag (145 lb. dummy) #7 Jump Down (4 ft.) #4 Balance Beam (8 ft. cross beam, 6 inch. above floor) 6 #6 Stairs (6 stairs up and down 5 times)) #5 Window (Crawl through 4 ft. above floor) #10 Carry A Doll 82 ft. Stop Body Drag

Applicant's Name		Age	Date	
Time Completed	☐ Pass ☐ Fail	Witnessed By		

480 Total Course Yards